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Monty is the Smiths medical professor of anesthesia and critical care at University College London and director of The UCL Discovery Lab at The London 2012 Olympic legacy Institute of Sport Exercise and Health.

Before returning to the UK, Monty was an assistant professor at Duke University Medical Centre and acting chief of critical care in the department of anesthesiology.

Monty is also an elected council member of the Royal College of Anaesthetists and leads their perioperative medicine program; chair of the Board of the National Institute of Academic Anesthesia; A director of Xtreme-Everest; c and chairman of Evidence Based Peri-operative Medicine (EBPOM), board member and chair of the advisory board of the American Society of Enhanced Recovery (ASER). Monty was national clinical lead at the UK Department of Health for the enhanced recovery partnership in the English NHS from May 09 - March 2013.